



Making Life Easier
888-874-7290



Fitness: Steps to a Healthy Lifestyle

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How do I get started?

If you think getting fit is difficult, you are not alone. Many people find it hard to get started, for many different reasons. Do any of these reasons sound like you?

- I can't exercise because I don't have any equipment.
- I don't have time to exercise.
- I don't know how to exercise.
- Exercise sounds so boring to me.
- Equipment or health clubs cost too much.

If you can relate to any of these statements, it is important that you read on for tips on leading an active lifestyle. You don't have to be an athlete or be involved in an organized sport to be fit. You just have to sit less and move more! It is also important to get other members of your family moving, too.

Make a fitness plan

There are lots of other things that might get in the way of regular exercise. You might think your schedule is full or you are not sure how to get started. For each situation, there is a solution.

- *I am too busy.*

Try exercising after school, or pick a time that works best for you each day. It's up to you to make the time and effort.

- *Exercise bores me.*

Try out different activities. Sick of jogging? Try rollerblading. Not interested in lifting weights? Try Pilates

- *It's hard to stick with.*

Try exercising with a friend or a family member to give one another support.

- *I don't have equipment or access to a health club.*

Choose activities that don't require special equipment, such as jogging or walking.

Find resources within your community that are either low-cost or free, such as park and recreation programs.

- *I don't know how.*

Start with activities that you don't have to learn new skills for, such as walking climbing stairs, or jogging. Exercise with friends who are either beginners like you, or who are more experienced and can teach you what they know. Take a class to learn new things, such as a Pilates class at your community center or health club.

Once you get past these challenges, decide when you are going to exercise and which activities you would like to do.

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